

Wound Care <sup>521</sup>				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<b>Tier 1</b>				
<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the holistic care of the patient with a wound</li> <li>• Demonstrate an understanding of the anatomy and physiology of the skin and the maintenance of its integrity</li> <li>• Demonstrate an understanding of the anatomy and physiology of the vascular system</li> <li>• Demonstrate an understanding of the pathophysiology of different types of wounds including but not limited to:               <ul style="list-style-type: none"> <li>○ Surgical wounds<sup>522</sup></li> <li>○ Traumatic wounds</li> <li>○ Chronic wounds including lower limb ulcers and pressure sores<sup>523</sup></li> <li>○ Burns and scalds</li> </ul> </li> <li>• Demonstrate an understanding of the physiological stages of wound healing<sup>524</sup></li> <li>• Demonstrate an understanding of the holistic assessment of the patient with a wound, identifying any factors that may affect healing</li> <li>• Demonstrate an understanding of an effective wound assessment<sup>525</sup></li> <li>• Demonstrate an understanding of the signs and symptoms of infection and colonisation</li> </ul>				

<sup>521</sup> <https://www.skillsforhealth.org.uk/wp-content/uploads/2021/05/Wound-Care-Framework-2021.pdf>

<sup>522</sup> <https://www.nationalwoundcarestrategy.net/wp-content/uploads/2021/06/Surgical-wound-summary-chart-WEB-22Feb21-1.pdf>

<sup>523</sup> <https://www.nationalwoundcarestrategy.net/wp-content/uploads/2021/04/Lower-Limb-Recommendations-WEB-25Feb21.pdf>

<sup>524</sup> <https://www.britishjournalofnursing.com/content/back-to-basics/assessment-of-wounds-in-adults/>

<sup>525</sup> <https://www.britishjournalofnursing.com/content/back-to-basics/assessment-of-wounds-in-adults/>

<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the local dressings formulary and understand the dressings contraindications and potential side effects</li> <li>• Demonstrate an understanding of the signs and symptoms of systemic infection and sepsis and the appropriate action to manage these<sup>526</sup></li> <li>• Demonstrate an understanding of the aims of wound dressings and be able to select an appropriate product providing a clear rationale for that choice</li> <li>• Demonstrate an understanding of the need for appropriate onward referral to tissue viability services</li> <li>• Demonstrate an understanding of the identification of diabetic foot ulcers and refer on to specialist services as per local and national guidelines<sup>527</sup></li> <li>• Demonstrate an understanding of the safeguarding of patients with wound as per local and national guidance</li> </ul> <p><b>Patient Care</b></p> <ul style="list-style-type: none"> <li>• Be able to elicit a full wound history from the patient including, how it was sustained, length of time present, interventions already tried, and any previous wounds, particularly those of a similar nature</li> <li>• Be able to elicit a full history from the patient to be able to understand any factors that may affect healing<sup>528</sup></li> <li>• Be able to perform a through wound assessment gathering the following information: <ul style="list-style-type: none"> <li>○ Size</li> <li>○ Depth</li> <li>○ Extent of tissue involvement</li> <li>○ Colour and type of wound bed tissue</li> <li>○ Amount, colour odour and type of exudate</li> <li>○ Signs of infection</li> <li>○ Is there a fistula or sinus present?</li> </ul> </li> </ul>				
--	--	--	--	--

<sup>526</sup> <https://www.nice.org.uk/guidance/NG51>

<sup>527</sup> <https://www.nice.org.uk/guidance/ng19>

<sup>528</sup> <https://www.britishjournalofnursing.com/content/back-to-basics/assessment-of-wounds-in-adults/>

<ul style="list-style-type: none"> <li>○ Condition of the peri-wound area and surrounding skin</li> <li>○ Any pain</li> <li>● Be able to have a shared decision-making discussion with the patient about any treatment plans including potential side effects, limitations, wider impact on quality of life and contraindications</li> <li>● Be able to take the patients ethnic, cultural, social, economic, religious, and spiritual needs in to account when formulating and wound care plan</li> <li>● Be able to choose wound care products that provide an optimal environment for wound healing based on the individual wound presentation whilst maintaining the integrity of the surrounding tissue</li> <li>● Be able to assess the wound for signs of colonisation and infection taking local antimicrobial prescribing guidelines in to consideration</li> <li>● Be able to elicit patients understanding and provide health promotion advice and support on the following where needed<sup>529</sup>: <ul style="list-style-type: none"> <li>○ Nutrition</li> <li>○ Exercise</li> <li>○ Smoking cessation</li> <li>○ Using alcohol within sensible limits</li> <li>○ Hygiene</li> <li>○ Sleep</li> <li>○ Management of co-morbid conditions</li> <li>○ Hydration</li> </ul> </li> <li>● Be able to provide a follow up plan for the patient ensuring the treatment plan is accurately documented so that other clinicians may continue</li> <li>● Be able to provide the patient with robust safety netting advice including red flags for, deterioration and local and systemic infection with clear instructions on what action to take</li> <li>● Be able to recognise when patient complexity exceeds competence and refer on as appropriate</li> </ul>				
--	--	--	--	--

<sup>529</sup> [https://journals.lww.com/aswcjournal/Fulltext/2021/08000/Patient\\_Centered\\_Education\\_in\\_Wound\\_Management\\_.3.aspx](https://journals.lww.com/aswcjournal/Fulltext/2021/08000/Patient_Centered_Education_in_Wound_Management_.3.aspx)